

The Warrior Heart Practice Sheet

Based on the book *The Warrior Heart Practice* by HeatherAsh Amara

Start with a situation that is challenging or upsetting to you. Begin with the **Feeling Chamber**, answering the questions and writing out what you are feeling without editing or trying to understand. Sit and simply be with your feelings for a moment. Then move on to the **Story Chamber**. Again, write without editing. Answer the questions, being curious about your story and what you think about the situation. Next, explore the **Truth Chamber**. Answer the questions, remembering the truth is simple! Then in the **Intent Chamber** pick one main word for your intent and write it down. Now turn this page over and get ready to circle back through the Chambers.

FEELING

What am I feeling? • How does it affect my physical body? • Where do I feel closed and where do I feel open?

STORY

What am I telling myself? • What words have I woven together? • What old agreements or rules are embedded in my story?

TRUTH

What is an ultimate truth right now? • What is true about this situation? • What do I wish were true versus what is actually a fact?

INTENT

What do I actually want in this situation? • Where do I want to put my focus? • Pick one word for your intent.

Now that you have clarified your Intent, you circle back through the Chambers to gain new insights and awareness. This time focus on the **Intent Chamber**. Rewrite your word in bold letters, claiming your Intent. Now revisit the **Truth Chamber**. Write down any new truths you perceive. With new willingness and spaciousness, step back into the **Story Chamber**. How can you perceive your story differently? Rewrite and explore how to integrate your Intent and the Truth to transform your experience of the Story. Even if the story itself remains a difficult one, your relationship to the story changes from victimization or judgment to power and curiosity. End in the **Feeling Chamber**.

INTENT

Write your intent again, and take a moment to close your eyes and notice what your intent feels like in your body.

TRUTH

Imagine you are holding hands with your Intent, and now you are going to hold hands with the Truth. What other truths do you see?

STORY

How can you perceive your story differently now that you are holding hands with your intent and truth? What can you shift?

FEELING

Always end with being in your feelings. How do you feel? Take a breath and acknowledge what is happening in your body now.
